

Stop Germs, Stay Healthy!

**Wash hands
often for
20 seconds**



**Can't wash?
Use alcohol-based
hand sanitizer**



Cover coughs and sneezes



When sick, stay home



¡Detenga los gérmenes, manténgase saludable!

- Lávese las manos frecuentemente por 20 segundos
- Use gel a base de alcohol, si no se puede lavar las manos
- Cubra su boca al toser y estornudar
- Quédese en casa cuando esté enfermo



Public Health
Prevent. Promote. Protect.

Region IV Public Health
Clark, Cowlitz, Skamania, Wahkiakum counties
and Cowlitz Tribe

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